

COVID-19 TESTING

LAYERS OF PREVENTION

Testing
Fewer Contacts
Six Feet Distance
Good Ventilation
Masks and PPE
Handwashing
Surface Cleaning
Symptom Screening
Protect Those at Greater Risk

COVID-19 Resources for Leaders at [CTA.org](https://www.cta.org)

A multi-layered prevention approach offers the best protection for students and staff returning to in-person learning once community spread of COVID-19 improves. Testing is an essential layer.

- When people have symptoms, they need a quick test to see if they have COVID-19 so that their contacts can be immediately alerted and tested themselves.
- Regular testing allows those with and without symptoms to learn if they have the virus so they can protect the school community and their own families.

Staff, students, and school families could be infectious without even realizing they have the virus and may unknowingly expose others.

- People can be most contagious before symptoms begin.
- Up to 45% of people with COVID-19 never experience symptoms.
- 30%-60% of infected people are potential “silent spreaders”.

Testing helps provide a safer return to in-person learning.

TYPES OF TESTING

Diagnostic Testing

- Anyone with COVID-19 symptoms
- Anyone with known or suspected exposure
- When there is an outbreak

Prevention Testing

- Early identification and isolation of COVID-19 cases without symptoms through regular testing
- Helps prevent school outbreaks
- Checks if the prevention program is working
- Improves understanding of infection risks in schools

FREQUENCY FOR PREVENTION

The [California Department of Public Health](https://www.cdph.ca/) (CDPH) requires testing all school staff at a minimum over two months, where 25% of staff are tested every 2 weeks, or 50% every month to rotate testing of all staff over time. CDPH directs schools to increase testing based on community spread. If a school or district resumes in-person instruction, but the county is in or is later placed back on Tier 1-Purple with widespread transmission, testing frequency should increase.

Other health experts recommend a greater scope and frequency.

The [Duke-Margolis Center for Health Policy](https://www.duke.edu/margolis-center-for-health-policy/) calls for testing all students and staff every two weeks and an increased frequency when disease trends worsen. And, if there is an outbreak in a class or school, at least two rounds of weekly testing may be needed to ensure COVID-19 transmission has stopped.